

Main

Minced Beef Cobbler ✓✓✓✓

1lb / 450g minced beef
Onion - thinly sliced
2 carrots - peeled and sliced
Stock - 1/2 pint
4oz / 140g flour
4oz / 140g grated cheese
1oz / 28g butter
1 egg
1 tablespoon of milk
1 tin of chopped tomatoes
220c / 420f / GM7 for 20 - 25 minutes

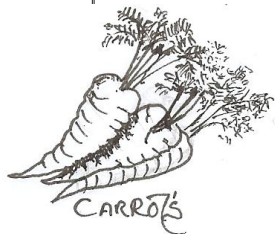
Dry cook the mince to remove any fat. Add the carrots, onion stock, tomatoes, and seasoning to taste. Cook the mince for about 20/30 minutes over a low heat. While the mince is cooking make the cobbler dumplings. Mix together the flour and cheese. Rub in the butter. Beat the egg and mix into the flour mixture, together with the milk. Mix well. When the mince is cooked place in a oven proof dish. Divide the dumpling mixture into 4 and place in a circle on top of the mince. Cook until golden brown.

You can add a small amount of mustard to the dumpling mixture to give a different flavour.

Gwendolyn Wilder Coastal

I always feel more happy and healthy
when I eat a balanced diet.

Christine Cook
Lydd Primary School



Main - Fish

Pilchard Hash ✓✓✓✓✓

1 large tin of pilchards
1 tin chopped tomatoes
Small onion, sliced (optional)
1lb / 454g potatoes
Seasoning to taste
Grated cheese - optional
180c / 350f / GM4 for 30 minutes

Cut pilchards into fillets and put into a greased ovenproof dish. Cover with the sliced onions if using, and the tomatoes. Cook in oven for approximately 20 minutes. While the fish is cooking peel and cook the potatoes and then mash. Place the mash on top of the mixture and sprinkle with cheese if using. Put the dish back into the oven for 10 minutes - or place under the grill until the cheese has melted and a golden brown. If not using the cheese cook until the potato is crispy. Serve with carrots, courgettes or green beans.

Kathleen Harrison CARM

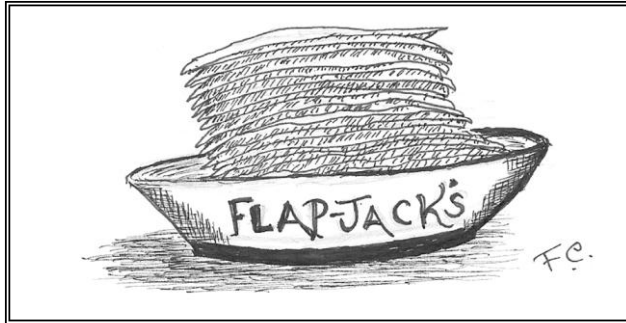
When cooking Brussels sprouts, put a freshly washed piece of celery in the boiling water with them and it will take away the horrid smell.

Joan Brewer
Burmarsh

When choosing crab to eat, if you like the white meat, choose the male crab as its claws are bigger. The female has a bigger body, so if you like the brown meat, choose this.

Joan L
CARM

Baking



Flapjacks ✓✓

3oz / 85g margarine
3oz / 85g dark brown sugar
2 tablespoons golden syrup
5oz / 140g porridge oats
180c / 350f / GM4 for 20 minutes

Grease a 7 inch square tin. Melt the margarine and golden syrup together. Remove from heat and stir in sugar and porridge oats. Mix well. Spread evenly over the tin. Cooked when golden brown. Leave in the tin for a few minutes to cool slightly. Cut into 5 strips down and 3 strips across - to make 15 flapjack bars. Leave in tin till cold.

Doris Lambert Brookland

I always try to eat five portions
of fruit and vegetables every day.

Jenny Smith
Lydd Primary School

If you haven't got a rolling pin,
use a clean milk bottle.

Margaret Coastal